



Self Reflection - A Stepping Stones Retreat February 17

**Registration opens at 9:30 a.m.
Presentations from 10 a.m.– 4 p.m.**

Presentations will include:

- "Theological Reflection for Daily Life"
- "Spiritual Side of Therapy"
- and "Why have a Spiritual Director"

This retreat is the first in a series of young adult lay discernment retreats for anyone 18-39 years old who wants to deepen their relationship with Jesus and asks questions like "What is God calling me to do?" or "How do I recognize the Spirit moving in my life?" Each retreat is focused on a different topic with talks, small group discussion, and activities.

Co-hosted by the Episcopal Diocese of Louisiana and the Chapel of the Holy Spirit, New Orleans.

For more information, contact the Rev. Watson Lamb at (504) 533-4916 or frlamb@holyspiritnola.org or the Rev. Liz Embler-Beazley at lembeaz@stpauls-lakeview.org.

Cost: \$15 per person

Registration due: Friday, February 9

Registration: Stepping Stones Retreat

Name: _____

Church: _____

Email Address: _____

Dietary Restrictions

☐ Vegetarian ☐ Non Vegetarian ☐ Other _____

Return registration forms and checks payable to: Episcopal Diocese of Louisiana
Attn: The Rev. Watson Lamb
1100 Broadway St., New Orleans, LA 70118